



Your Employee Assistance Program

Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work. These services are free, confidential and available all day, every day to you and your household members.



Here when you need us.

Call: 877-527-4742

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: State of Delaware

